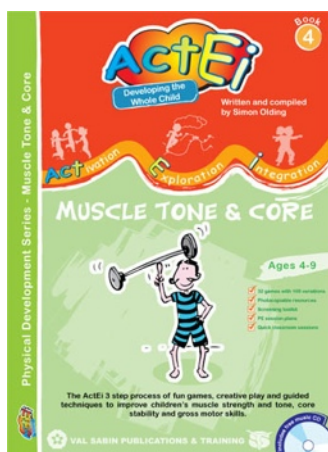




Free Resources from  
[www.achievementinmind.com](http://www.achievementinmind.com)



## Improving Children's... Muscle tone & Core



Muscle tone is the firmness in the body of the muscles. Normal muscle tone is necessary to hold our posture against gravity and move in a smooth and coordinated way; to enjoy sport and movement, or keep our neck steady when studying.

Using combinations of aerobic, anaerobic and plyometric techniques, the ActEi games in this book aim to increase muscle strength and tone, core stability, gross motor skills, fitness and stamina, whole body conditioning and more...

**Innovative, fun and holistic - a fresh approach to movement education**



The 3 books in the ActEi physical development series help children master basic and fundamental movements leading to improvements in the smooth performance of skill.



The 4 books in the ActEi sensory development series help children develop an awareness of their senses, increasing their ability to process sensations and improve physical performance.



The 2 books in the ActEi personal development series help children attain a greater understanding of themselves and increases their positive self concept and sense of who they are.

# A Dead Legs



8 minutes



Individually



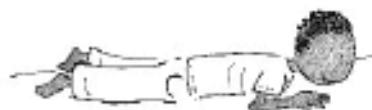
track

**Purpose:** Increasing upper body strength and balance

**Resources:** None

## To play this game

- Lie flat on the floor on your front. Somebody has just shot a tranquilliser in your legs and they no longer work. You need to get away from where you are and quickly!
- Lift up your head and chest by pushing down on the arms until they are straight
- Now walk on your hands taking your legs with you by dragging them behind you. How far can you travel?



### Variations

Pull up onto the forearms, not the hands, and travel like this.

'Walk' forwards using both hands together.

Put a football on the back of the legs and travel, have a timed or relay race.



## Teaching/Observation Points

- Push the palms of the hand into the floor.
- Lock the elbows and use the shoulder muscles to move the arms.
- Keep the ankles together.

## Risk Assessment

- Big warm up especially for arm, shoulders and torso.
- Consider using mats
- Muscle rest breaks at the discretion of the children.

Your ideas: